



Holiday Season at Fort Huachuca



A supplement published in the interest of Fort Huachuca personnel and their families. View online at www.huachuca.army.mil/usag/pao. December 14, 2006

Annual Exodus planned for Sunday to Jan. 2

Scout reports

The U.S. Army Intelligence Center's annual Holiday Exodus is scheduled to take place from Sunday through Jan. 2 for Advanced Individual Training students, while the permanent party and staff instructors will have the opportunity to take leave.

"The leadership teams highly encourage all AIT Soldiers to take leave and ... spend time with their relatives, said Master Sgt. Rudy Gonzales, Operations and Plans noncommissioned officer in charge, 111th Military Intelligence Battalion.

"But just as important, their safety during the holidays is of paramount concern for us. We want them to go have fun but we also want all of them to come back safely and on

time so they may continue with their training mission here."

Servicemembers from other services who attend school at Fort Huachuca are encouraged to take leave during Exodus as well.

Holiday Exodus is a two-week period during which Soldiers who are assigned to the Army's training centers are allowed to return home for the holidays. All the Army's training centers are regulated by the U.S. Army Training and Doctrine Command, headquartered in Fort Monroe, Va.

Officials at the USAIC have been helping plan Exodus for students for more than two months. "The unit leaders at all levels are actively involved in Exodus preparation planning and coordination" continued Gonzales. "When we execute, we want to ensure the mass movement of AIT Soldiers goes smoothly; that it is a safe, orderly, and supervised one."

The day prior to Exodus, all students will receive extensive safety briefings. Unit point of contact numbers, obtaining emergency medical care, procedures to follow when travel delays occur and issues regarding personal conduct will also be covered.

Coordination has been made with the Directorate of Emergency Services as well as with local law enforcement, Tucson International Airport Security, and other agencies as required to provide security for the departure and arrival of all buses at mass transit loading and unloading points, coordination for route security and reconnaissance on Arizona Highway 90 and Interstate 10 between Fort Huachuca and the airport.

"We arrange the mass transportation for the AIT Soldiers to and from TIA but there will be some who will be requesting to travel by POV," said Gonzales. "Those soldiers requesting to travel by POV are screened by the unit leadership to ensure their requests are legitimate, their POVs meet all safety requirements, proper risk assessments are done for their particular road trip or each day of travel, and they do not violate any regulations currently in place for them."

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Tips for packing military duffle bag

Scout reports

The Transportation Security Administration has provided some tips for Soldiers regarding best methods for packing their military duffle bags. By following these tips, Soldiers can help ensure speedy inspections through airport security checkpoints.

Combat boots and other items frequently require additional inspection. When this happens, the boots must be removed and further inspections completed on items the inspecting official deems necessary. The TSA recommends the following sequence for packing the military duffle bag.

Priority placement from top to bottom:

1. Boots, mess gear and helmet
2. Electronics such as computers, game-boy, x-box and electric shavers
3. NBC gear, shaving equipment, books, papers, food items (unopened), MRE's, etc.
4. Soft clothing (rolled and taped)

For a list of prohibited items and other travel tips, go to <http://www.tsa.gov/public/>.

Preparing for holiday travel

Scout reports

The Air Transport Association, Airports Council International — North America and the Transportation Security Administration are informing the traveling public how they can prepare for security screening during the busy holiday travel season.

Passengers can greatly affect their experience at the airport by preparing in advance. This includes: packing liquids, gels and aerosols in checked baggage whenever possible, using 3-1-1 for carry-on luggage, arriving early and ensuring they are not traveling with prohibited items.

For individuals who must carry liquids, gels and aerosols through the security checkpoint, it's as easy as 3-1-1.

- All liquids, gels and aerosols must be placed in a three-ounce or smaller container.

- These containers must be placed in a one quart, clear, plastic, zip-top bag.

- One bag per passenger must be put in a plastic bin for screening.

The limitation on liquids

reflects changes made after the foiled terror plot involving the possible use of liquid explosives in London Aug. 10. In response, TSA immediately banned all liquids at security checkpoints. The ban was modified Sept. 25 after extensive testing showed that small amounts of liquids, gels and aerosols did not pose a significant threat.

TSA Administrator Kip Hawley said, "By knowing the rules and remembering 3-1-1, travelers can make a big difference in TSA's ability to efficiently and effectively screen all passengers and their baggage. Each time a physical inspection of a carry-on bag is required, it not only slows the individual traveler down but the entire security line."

Through posters at ticket counters, banners at airports, advertisements on parking shuttles, road signs, extra customer service staff, travel tips on each organization's Web site and many other ways, the airlines, airports and TSA are educating travelers before they reach the security

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3 ounce or smaller containers of liquid or gel

More than 3 ounces permitted in checked baggage

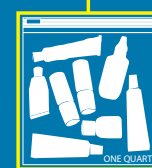
Container size is a security measure



1

1 quart-size, clear plastic, zip-top bag holding 3 ounce or smaller containers

Bag limits total volume per person



1

1 bag per traveler placed in the security bin

Isolating liquids speeds screening



Don't let holiday **GUILT** replace holiday cheer

By Liana Zacharias

Dietician, RWBAHC

Thanksgiving has come and gone, but more holiday cheer is on the way. At the end of each year we seem to give up on our goals of exercise and eating right to focus on great food and festivities from holiday extravaganzas.

Holidays are a special time to spend with family and friends, but often use food as a center for events. Weight gain is a big concern for most people during the holidays. It is often the one thing that can put a damper on our celebrations. A study by the National Institutes of Health indicates Americans gain on average one pound over the holiday season. One pound over the course of several years can lead to significant health problems down the road. It is possible to enjoy the holidays without stressing over the dreaded pounds on the scale. How do we ensure our hard work throughout the year is safe from holiday extras? Here are a few helpful tips to get you through celebrations this holiday season.

Portion control, portion control, portion control!

We've all heard it, but sometimes it's hard to follow especially when all of your favorite foods are laid out on the table. The truth is we should not ignore our favorite foods during this time. The goal is not to abstain from these foods, but eat them in moderation and balance with the rest of your day. If we try to forget our favorites, it becomes the first thing on our minds. So, enjoy your treats but do so reasonably. Balance your plate with healthy items such as lean protein and vegetables. Limit the heavier foods to about the size of your palm. And don't leave the table feeling stuffed and in pain.

Planning your adventure is half the battle.

If you are preparing the holiday meal, why not choose healthy recipes? Be sure to make a grocery list of low fat, low calorie items and stick to it. You can still enjoy traditional foods by substituting those high fat, high calorie items with low fat choices in your favorite recipes. Use low fat milk and cheese instead of the whole fat varieties, applesauce in place of butter, and even plain,



nonfat yogurt can replace sour cream.

Don't skip meals.

A common strategy for weight control is to skip a meal when you know you're going to indulge later. This, however, is the opposite of what one should do. If you skip a meal, your metabolism (the rate we burn off the food we eat) takes a nose dive and our bodies slow down. Add a large meal to that and we end up storing the bulk of what we eat. Plus, if you sit down to a meal super hungry because you haven't eaten recently, we tend to eat more and faster, paying less attention to our choices. Don't set yourself up for failure.

Remember to move.

One of the most important ways to prevent unwanted pounds is to fit in activity or exercise whenever possible. Just because the holiday season is here and the weather is not always cooperative doesn't mean that exercise has to cease.

Stick to your schedule and work around your exercise routine. Continue your exercise program and include additional activities such as taking the stairs, parking your car further away from the building, raking leaves, and taking walks with the family after dinner. Remember the more active you are, the more calories you burn. A healthy balance of calories in and calories out will help you maintain your weight.

Is it thirst or hunger?

Many times when we crave food, it is mild dehydration disguising itself as hunger. So drink plenty of non-calorie, non-caffeinated, non-alcoholic beverages. For example, drink water, club soda, diet caffeine-free sodas, or brewed ice tea with a sugar substitute.

Another trick is to drink an eight-ounce glass of water before a meal. This may help to curb your appetite and prevent you from overindulging. Watch those high calorie, holiday beverages such as eggnog, alcoholic drinks, and sugary punch. An eight-ounce glass of eggnog made with rum can pack 450 calories.

By planning ahead and making healthy choices now, you can prevent that unwanted holiday gain and start your New Year on the right foot. Weight loss is the number one New Year's resolution. Why not save your resolution for something more fun? Happy Holidays!

Liana Zacharias is a Registered Dietitian at the Raymond W. Bliss Army Health Center on Fort Huachuca. Send questions to liana.zacharias1@us.army.mil.



Christmas origins, traditions mean different things to many

By Chaplain (Maj.) Frank O'Grady
111th Military Intelligence Brigade Chaplain

Then season of Christmas is one of the most widely respected feasts of the year. Christmas has a great heritage and tradition. Christmas is the annual and secular holiday that celebrates the birth of Jesus along with themes such as family, goodwill, giving and compassion. Christmas is celebrated in most countries around the world.

Some believe that Christmas has its origins in pre-existing pagan holidays. The celebration known as Saturnalia included the making and giving of small presents. Dec. 25 was marked as the birthday of the late Roman state sun-god Sol Invictus, the "unconquered sun" and this recorded for the first time in the Chronography of 354.

It is possible that this feast was probably initiated by the founder of the Sol Invictus cult in 274. In relation to the Christian origins of the holiday, the idea that Dec. 25 is Jesus' birthday was popularized by Sextus Julius Africanus in Chronographia in 221 AD as an early reference book for Christians.

About 200 AD, the theologian Tertullian declared that Jesus died March 25 and was resurrected three days later. March 25 nine months before Dec. 25 had significance for the church since by 240 AD a list of significant events was being assigned to March 25. These events included creation, the fall of Adam and Eve and the Incarnation.

The view that Incarnation occurred on the same date as the crucifixion is consistent with a Jewish belief that prophets died at an "integral age," either an anniversary of their birth or their conception. This identification did not at first inspire feasting or celebration. In 245 AD, the theologian Origen denounced the idea of celebrating the birth of Jesus "... as if he were a king pharaoh." Only sinners, not saints, celebrate their birthdays, origin contended. There were Christmas celebrations in Rome as early as 336 AD. December 25 was added to the calendar as a feast day in 350 AD.

During the medieval period, Christmas came to dominate the calendar. The 40 days before Christmas became the "40 days of St. Martin." The 40th day after

Christmas was Candlemas.

The Egyptian Christmas celebration Jan. 6 was adopted as Epiphany, one of the most prominent holidays of the year, during the early Middle Ages. The importance of Christmas day became very prominent after Charlemagne was crowned on Christmas Day in 800 AD.

In the 14th century, caroling became popular and it was originally a group of dancers who sang. Various writers at that time condemned caroling as lewd, largely due to overtones from the celebration of the pagan feast of Saturnalia. "Misrule," drunkenness, promiscuity and gambling was an important part of the festival.

During the 1800s, the various religious bodies had different ideas of Christmas. While it was adored by some, it was frowned on by others. By the 1820s however, British writers began to worry that Christmas was dying out. Efforts were made to revive the holiday. The book, "A Christmas Carol," written in 1843 by Charles Dickens played a big part in emphasizing family, goodwill, and compassion as opposed to hedonistic excess.

The celebration of Christmas was outlawed in Boston in 1659. Christmas fell out of favor in the United States after the American Revolution when it was considered an "English custom." However, immigrants from Europe arriving here helped promote the holiday. Christmas was declared a federal holiday in the United States in 1870.

During the 20th century, in the midst of World War 1, there was a Christmas truce between German and British troops in 1914. Soldiers on both sides began to sing carols and stopped the fighting.

In the United States, there has been some controversy over the nature of Christmas and whether or not it is a secular or religious holiday. Some saw recognition of Christmas as an official holiday as a violation of the separation of church and state. Christmas day was established as a legal public holiday and this does not violate the establishment clause because it has a valid secular purpose.

The Christmas tree is often explained as a Christianization of the pagan idea that the evergreen tree represents a celebration of the renewal of life.

Trees had special significance for the ancient German tribes appearing throughout historic accounts as sacred symbols and objects. Among early German tribes, the Yule tradition was celebrated by sacrificing male animals and slaves by suspending them on the branches of trees. The German immigrants brought their customs of trees to the United States in the early 20th century.

The Nativity refers to the birth of Jesus. Remembering or recreating the Nativity is one of the central ways Christians celebrate Christmas. The eastern Orthodox practices the Nativity Fast in anticipation of the birth of Jesus while the Western Church celebrates Advent.

The name "Santa Claus" is derived from Sinterklaas, the Dutch name for the mythical character based on Saint Nicholas. He is also called Saint Nicholas.

Sinterklaas wears clothing similar to a bishop. He wears a red mitre with a golden cross and carries a bishop's staff. The connection with the original bishop of Myra is still evident here. He rides a white horse over rooftops and his helpers climb down chimneys to deposit gifts. Sinterklaas arrives from Spain on a steamboat and is accompanied by his helpers.

Understanding the meaning of and the way Christmas is celebrated helps us focus on this great holiday. While many AIT Soldiers will be boarding planes to fly home, there will be several dozen Soldiers who will not be going home. In the 111th MI Brigade, we planned several events to give these Soldiers an opportunity to enjoy the holiday here.

On Dec. 17, we will take the Soldiers who stay behind to the Tucson Zoo and Mall, for a day out.

On Dec. 25, we will run a "Sponsor Soldier" program for Soldiers. Families in Sierra Vista will adopt a minimum of two Soldiers for a day by picking them up at Prosser Village Chapel and taking them to their homes for dinner and festivities. This program attracted 116 Soldiers and 46 families for Thanksgiving.

On Jan. 6, we will join St. Andrews Catholic Church for their outdoor procession, and meal in honor of Three Kings.

These events will enable our Soldiers to experience peace, compassion and brotherhood during this special holiday period.

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For the Soldiers who opt to stay behind, the Chaplain's Office and the Directorate of Morale, Welfare and Recreation are putting together activities for students who stay at Fort Huachuca during the Exodus period. Morale, Welfare and Recreation might set up activities or provide free passes, tickets, coupons for MWR-sponsored activities such as bowling, movies and dining.

This year, as was the case as the last, Soldiers who are attending Advanced Individual Training at USAIC and other training sites have been told to travel in the new Army Combat Uniform or the Battle Dress Uniform. The ACU and BDU are the official uniforms for all Initial Entry Training Soldiers during Exodus and for movement between basic training and AIT sites following graduation, unless mission or threat dictate otherwise.

Military Intelligence students who run into problems returning to Fort Huachuca for class are advised to let their unit know what's happening and to work with the airlines to get back to Arizona as soon as possible. Army OneSource is another resource to assist with any emergency for Army members at 1-800-342-9647.

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checkpoint.

Other tips travelers should know before they leave home this holiday season are below. A full list of tips and prohibited items is available at www.tsa.gov/travelers.

Do not wrap gifts. If a security officer needs to inspect a package they may have to unwrap your gift. Wrap gifts after arriving at your destination.

Pack smart. Bringing prohibited items to the airport will delay the screening process for you and other passengers. If you're not sure which items are allowed, check TSA's Web site for a complete list.

Arrive on time. Arrival time recommendations vary by airline and day of travel, so check with your carrier. You must have a boarding pass and valid government photo ID to enter the security checkpoint. Remember to give yourself adequate time to

check your baggage and move through security.

Dress the part. Metal in your clothing may set off the walk-through metal detector. Pack coins, keys, jewelry, belt buckles and other metal items in your carry-on bag. Remember that all shoes must be removed and screened by TSA. Passengers also need to remove blazers, suit coats and bulky sweaters in addition to outer garments.

Film. Undeveloped film should go in your carry-on bag. Hand film that is faster than 800-speed to a security officer for physical inspection to avoid being X-rayed.

Think. Belligerent behavior, inappropriate jokes and threats will not be tolerated. Such incidents will result in delays and possibly missing your flight. Local law enforcement may be called as necessary.

To get the 3-1-1 on air travel, please visit www.TSA.gov/311.

CELEBRATE WITH

CAUTION

Scout reports

The holidays are a time for having fun, but they're also a time to be responsible, especially when it comes to drinking and driving. Police are out trying to keep the roadways safe, and there are others who are trying to keep drinkers off the roadway roads all together.

Get the keys

The National Highway Traffic Safety Administration and the Advertising Council's Innocent Victims Public Service Campaign emphasize the need to intervene and get the keys away from someone about to drive drunk. Below are some helpful tips to get the keys away from a drunk driver.

If the person is a close friend, try and use a soft, calm approach at first. Suggest to them that they've had too much to drink and it would be better if someone else drove or if they took a cab.

Be calm, joke about it, Make light of it.

Try to make it sound like you are doing them a favor.

If the person is somebody you don't know well, speak to their friends and have them make an attempt to persuade them to hand over the keys. Usually they will listen.

If the person is a good friend, spouse, or significant other, tell them that if they insist on driving, you are not going with them. Tell them that you will call someone else for a ride, take a cab, or walk.

Locate the person's keys while they are preoccupied and take them away. Most likely, they will think they've lost their keys and will be forced to find another mode of transportation.

If possible, avoid embarrassing the person or being confrontational. This makes them appear vulnerable to alcohol and its effects.

Drinking and driving don't mix. Drinking and driving don't mix. Drinking and driving don't mix.

No matter how many times you've heard it; there are people who just don't get it, in fact, every 30 minutes, someone in this country dies in an alcohol-related crash, every 30 minutes! And last year alone, more than one million people were injured in alcohol related traffic crashes.

How does alcohol affect a person's ability to drive?

The more a person drinks, the more their ability to make crucial driving decisions becomes impaired. After just one drink, a driver can begin to lose the ability to perform the tasks necessary to drive a car, braking, steering, changing lanes, and using judgment to adjust to changing road conditions. At a certain point, a driver will become legally intoxicated and can be arrested for attempting to operate a motor vehicle.

What do DUI and DWI mean?

DUI means "driving under the influence" of alcohol or drugs.

DWI means "driving while intoxicated." These are terms used by police. In every state in our country there is a legal limit to how much alcohol you can have in your body if you are driving. If you drink and drive you can lose your driver's license and even go to jail.

How do you measure how much alcohol is in the blood?

A driver's blood alcohol content is measured by the weight of the alcohol in a certain volume of blood. Police test breath to measure a drivers BAC. It can also be tested in blood, urine or saliva.

What can you do about drunk driving?

Follow these suggestions from mothers against drunken driving.

Your best defense against a drunk driver is to wear your safety belt, make sure any children in the car are in child safety seats. Never ride in a car operated by someone who has been drinking – call a cab or ask a friend to drive you home.

Report drunk drivers to law enforcement.

Keep a safe distance from anyone driving erratically.

Other holiday safety tips

Holiday cooking — avoid loose – fitting clothing when cooking such as long, open sleeves which can easily be ignited by hot burners.

Be sure the kitchen is well ventilated or keep a window cracked to help prevent the build – up of carbon monoxide from gas cooking appliances.

Equip the kitchen area with smoke detectors and fire extinguishers.

Never leave the kitchen unattended when something is cooking on the stove. Always turn pot handles inward to prevent small children from reaching a hot pan.

Portable and other space heaters - Place all space heaters at least 36 inches away from flammable materials, including wallpaper, bedding, clothing, pets and people.

Do not leave space heaters unattended or in use while sleeping

Check electrical space heaters for fraying or splitting wires and overheating.

Always use the proper fuel for liquid fueled heaters.

Never place articles for drying over space heaters.

Candles - The National Fire Protection Association found residential fires sparked by candles are twice as likely to occur in December as any other month in the year.

According to the National Fire Protection Association, candle fire account for 2.4 percent of all fires and result in 6 percent of total injuries from fire and 3% of all fatalities from fires.

Never leave burning candles unattended.

Place candles well away from curtains, bedding and other flammable materials. Don't use candles to decorate a tree.

Extinguish tapers when less than two inches tall.

Extinguish all candles before going to sleep.

Always keep burning candles up high, out of the reach of children.

Trees - When purchasing an artificial tree, look for the label, "fire resistant."

When purchasing a live tree, check for freshness because a fresh tree is less of a fire hazard. The tree should be green, needles hard to pull from branches, and when bent between your fingers, needles do not break. The trunk but should be sticky with resin, and when tapped on the ground, the tree should not lose many needles.

Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.

When setting up a tree at home, place it away from fireplaces, radiators or portable heaters. Place the tree out of the way of traffic and don't allow it to block doorways.

Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.

